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THE

PRIVATE SOLDIER's

AND

MILITIA MAN's

FRIEND.

DEDICATED, BY PERMISSION, TO

LORD CHARLES SPENCER,

Representative in Parliament, and Colonel of the Oxfordshire Militia.

BY HENRY TRENCHARD,

Serjeant Major.

LONDON:

Printed for G. KEARSLEY, No. 46, Fleet Street.

Price *Four Pence*, or *Three Shillings* and *Six Pence* per Dozen.

M,DCC,LXXXVI.

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To Lord CHARLES SPENCER,

Colonel of the Oxfordſhire Militia.

MY LORD,

DO me the honour to accept my humble thanks for your Lordſhip's condeſcenſion in allowing me thus to dedicate this trifle; a condeſcenſion in which goodneſs towards the private Soldiers is ſtill more conſpicuous than kindneſs towards me. May nothing in this trifle tend to counterwork ſuch good intentions!

As to all your Lordſhip's kindneſs towards myſelf, all I can do is to ſtudy, through my whole life, to deſerve it. As long as I remember that I was once a private Soldier (which I hope never to be mean enough to forget), I can never ceaſe to be,

My Lord,

Your Lordſhip's moſt obliged,

And very greatful humble ſervant,

HENRY TRENCHARD,

Serjeant Major

Of the Oxfordſhire Militia.

Oxford,
Sept. 1786.

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PREFACE.

BY way of preface the author begs leave moſt reſpectfully to declare to the Officers of the Army and Militia, and moſt ſolemnly to aſſure Privates, that he has mentioned nothing in the following pages which he has not found of uſe to himſelf in the Army and Militia, through the different ſtations of a private Soldier, a Corporal, a Serjeant, and a Serjeant Major. Had any one put into his hands ſuch advice formerly, he is ſure that he ſhould not only have been more happy and more comfortable, but a better ſoldier and a better man. This is the beſt reaſon he can give why he has preſumed thus to lay down his arms for a leiſure hour or two, and to take up his pen. If a man, whoſe whole life has been ſpent in endeavouring to make himſelf a good Soldier, handles his pen much worſe than he does his muſket, it is no great wonder, and needs no long apology.

The author will be thankful for any corrections or hints.

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THE

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FRIEND.

HE that lives not according to the rules of reason and religion, is always in want. Let every one enjoy whatever is consistent with his situation; and as the rules of the army are founded on reason, and your oath on religion, let them be your study and guide. The principal duties of life are to give God his worship, and man his due; we shall then be considered as acting agreeably to our engagements as

 good

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good ſoldiers and Chriſtians. The more you conform to the rules of the ſociety to which you belong, the more you will be reſpected by the good members of that ſociety; and you are equally bound by a voluntary oath to your King, and a voluntary promiſe to the Church of Chriſt; both of which let me earneſtly intreat you to preſerve inviolate. If you are good Chriſtians, you will be good ſoldiers. If Joſhua had not been a good man, and one that truſted in God, the Sun and Moon would not have obeyed him when he ſaid, "Sun, ſtand thou ſtill upon "Gibeon, and thou Moon in the valley of Aialon." By this divine aſſiſtance, the day being lengthened, the children of Iſrael completely overthrew their enemies. Again, Legio Fulminans was a Legion in the Roman army, conſiſting of Chriſtian ſoldiers, who, in the expedition of the Emperor Marcus Aurelius Antoninus againſt the Sarmatac Quadi, and Marcomanni, A. D. 174, is ſaid to have ſaved the whole army, then ready to periſh with thirſt, by procuring with their prayers a very plentiful ſhower; and at the ſame time a furious hail ſtorm, mixed with lightning

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lightning and thunder-bolts, on the enemy, and thus a decisive victory was obtained.

If you keep your heart with diligence, you will perform the duties required by religion and your regiment with ease and pleasure.

" Never be wary of well doing.

" Life will soon be past, therefore spend it well.

" Break not thy rest for what concerns thee not.

" Think upon the reward of sin, and fear the " devil.

" Better stay at home than go with thieves.

" Better be alone than in bad company.

" Speak fair, and think what thou wilt.

" Do nothing to-day that thou mayest repent of " to-morrow.

" In things that must be, thou must be resolute."

I shall conclude these precepts with reminding you of a short passage from Scripture, " Be ye as " wise as serpents, and harmless as doves."

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I now ſhall conſider the crime and puniſhment of DESERTION. It is the greateſt you can commit. The puniſhment you receive from your regiment when taken, which is certain, is nothing to the pain you feel during the time you are from your colours. Every perſon you ſee you are afraid of. A woman with a ſcarlet cloak on will make you tremble more than the moſt formidable enemy could, when in company with your brother ſoldiers, and preſent with your colours. The puniſhment you receive from your regiment partly atones for the crime in this life; but what atonement can you make to God, when you have violated the oath to which you have called on him to be witneſs? Nothing can atone but the ſtricteſt adherence to your duty, to God as a Chriſtian, and to your regiment as a ſoldier. Were you in the greateſt diſtreſs, you ſhould not think of deſertion. Remember the words of Arnold, in Edward the Black Prince:

Give me again my innocence of ſoul;
Give me my forfeit honour blanch'd anew;

Cancel

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Cancel my treaſons to my royal maſter;
Reſtore me to my country's loſt eſteem,
To the ſweet hope of mercy from above,
And the calm comforts of a virtuous heart.

OBEDIENCE.

YOU muſt pay the ſtricteſt attention to the orders of your ſuperiors; you are not to conſider who gives the order, but the order that is given; whether they come from the mouth of a General or Corporal, they are orders, and you muſt obey them. "A ſoldier ſhould be brave, vigorous, careful, and obedient to all his officers, from the General to the Corporal; and obey the orders of the latter as if coming from the mouth of the former, as in reality they do, the Corporal being only the means by which they are conveyed."

SIME's MILITARY GUIDE, 146.

Again he ſays, in page 1, "It is a falſe notion that ſubordination and a paſſive obedience to ſu-

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" periors is any debaſement of a man's courage;
" ſo far from it, that it is a general remark that
" thoſe armies which have been ſubject to the ſe-
" vereſt diſcipline, have always performed the
" greateſt actions. Obedience is likewiſe a ſtrong
" recommendation to promotion."

DISOBEDIENCE.

AFTER ſerving ſixteen or twenty years, and being frequently puniſhed for diſobeying the orders of your ſuperiors, and your conſtitution impaired in ſo great a degree, that at forty years of age you are diſcharged unfit for ſervice, your conduct having loſt you the benefit of Chelſea College, your commanding officer, in juſtice to his country, and the character of a good ſoldier, cannot recommend you to the Board. In this diſtreſſed ſituation you are diſcharged. Paint to yourſelf your diſtreſs, and endeavour to ſhun the path in which the diſobedient tread.

OECONOMY:

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OECONOMY.

NO men have more reaſon to be better acquainted with its good effects than ſoldiers; your pay is ſo ſmall that it is impoſſible for you to ſupport yourſelf on it, without you are ſtrict obſervers of œconomy. Its meaning is, to be good huſbands of your pay, and to lay out your money to the beſt advantage. You ſhould immediately on receiving your allowance, whether daily, half-weekly, or weekly, &c., take out of it your waſhing expences, and purchaſe proviſions with the remainder, which ſhould be divided equally, ſo as to laſt you until pay day comes again. Few men can ſtarve. Hunger is too acute to be born long. Many have been prompted by hunger to maraude, but they have always been taken, and publicly puniſhed at the diſcretion of a Court Martial; others have been given up to the Civil Power, and have been baniſhed, not only from their friends and relations, but from their native country; and others, to ſatisfy nature, have

ſold

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fold their own or comrades' neceſſaries, in which they have always been detected, and moſt ſeverely puniſhed. Still theſe are not all the evils that attended thoſe who unthinkingly have ſpent their pay, and have not made a proviſion for to-morrow. Some I have known who valued their pay only as ſpending money, and their chief dependance was on ſome common ſtrumpet who will ſupport them for a time, but on the firſt opportunity will rob them of all their neceſſaries, and leave them in a moſt deplorable condition: they can have no other motive but to rob you, or perſuade you to rob for them. Should you be ſo weak as to live with ſuch an abandoned wretch, and ſhe ſhould rob you, let me beg of you on no account to deſert. (I have endeavoured to ſhew you the evil conſequence of deſertion under its proper head.) But you ſhould go immediately to your pay Serjeant, and inform him what has happened, who will inform your Captain, and you may depend upon it, ſhould your report prove true, you will not be puniſhed any other way than by being put under ſtoppages to replace what you have loſt.

Solomon.

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Solomon very wiſely remarks, that "her end is "bitter as wormwood, ſharp as a two-edged ſword, "ſhe lieth in wait as for a prey, and increaſeth the "tranſgreſſors among men." On the other hand, "The ways of virtue are pleaſant, and all her paths "are peace; but the feet of the harlot go down to "death; her ſteps take hold on hell."

MESSING.

ON receiving your pay deduct your waſhing expences, and apply the reſidue in buying bread, meat, and vegetables, mutton for boiling and making broth, legs of beef and bullocks' heads for ſoups; a pint of ſoup and a ſlice of brown bread, which is much cheaper than white, is preferable to half a pound of beef and dry bread. I ſhall adviſe you, if you are in a meſs from three to eight, to buy bullocks' heads, or legs of beef; break the bones very ſmall, put it into a kettle for ſtewing over the fire, or into an earthen pan for baking in the oven, add eight or ten quarts of water according to its ſize, with ſalt, pepper,

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pepper, onions, pearl-barley, or ſplit peaſe, with a little oatmeal, if peaſe; it ſhould be baked or ſtewed for a length of time according to its ſize. You will find this moſt delicious food. I would alſo adviſe you not to buy any meat but what may be converted into ſoup or broth.

I think the following experiment, tried by the author of the County Naval Free School, is worthy imitation. He ſays, "I ordered an ox head of a moderate ſize, which I put into a copper with ninety pints of water, intending to boil it down to ſixty. I added green peaſe (at that time very cheap) a peck, 2 lb. of good clean oatmeal, 3 or 4 lb. of onions, the cruſt of a loaf toaſted, a ſprig of penny royal, with pepper and ſalt to ſeaſon the whole: theſe ingredients were boiled near four hours, and the ninety pints were reduced to fifty pints, and moſt excellent food it was. Thus ſixty perſons had each five-ſixths of a pint of rich ſoup, and alſo two ounces of a glutinous and nutritious animal ſubſtance. The whole materials did not exceed the value of three

ſhillings

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ſhillings and ſix pence, which fed ſixty perſons voluptuouſly, drink and bread excepted. It might be eaſily proved, that if another ox-head, or any equal weight of ſhin-bones, had been added, with double the quantity of ingredients, or in want of ſome of them an equal weight of cabbage, twice the number might have been provided with a meat dinner."

It may be obſerved alſo, that ſoup makes drink leſs neceſſary, and is a ſaving that way.

To regulate the ſum each man ſhould put into the meſs would be unneceſſary, as meat varies very materially in price in different towns; for inſtance, at Exeter in 1781, beef, pork, &c. ſold from two pence to three pence per lb.; and at the ſame time they ſold at Oxford, and other towns in the neighbourhood, from four pence to five pence per lb. I can from experience aſſure you, that not only proviſions are cheap in the county of Devon, &c., but other uſeful articles. In the counties of Cornwall, Devon, Somerſet, and York, ſhoes are remarkably cheap. In the counties of Derby, Leiceſter, Northampton,

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ampton, and Nottingham, ſtockings are very reaſonable; and in Somerſet, Glouceſter, Monmouth, and Lancaſter, linens are cheap. I have mentioned theſe circumſtances to you, being deſirous that you ſhould take the advantage of laying in a proper ſtock of neceſſaries while you are in thoſe cheap counties, as you now have it in your power to ſave a little money to provide thoſe neceſſaries. Having informed you how requiſite it is to be a good œconomiſt, and the method to procure good food at an eaſy expence, I ſhall next recommend to your notice a market table, to ſhew you what the things which you purchaſe come to, from one farthing to two pence per pound, from one pound to twenty, which I hope you will find ſerviceable.

THE SOLDIER'S MARKET TABLE.

IN the left-hand column are the pounds, and on the ſame line towards the right, the amount at the rate marked on the top of the column, from one farthing to two pence per pound; S. ſtands for ſhillings,

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ARKET TABLE.

¼d. per lb.			1 ½d. per lb.			1 ¾d. per lb.			2 d. per lb.		
.	D.	qrs.	S.	D.	qrs.	S.	D.	qrs.	S.	D.	qrs.
	1	1		1	2		1	3		2	
	2	2		3			3	2		4	
	3	3		4	2		5	1		6	
	5			6			7			8	
	6	1		7	2		8	3		10	
	7	2		9			10	2	1		
	8	3		10	2	1		1	1	2	
	10		1			1	2		1	4	
	11	1	1	1	2	1	3	3	1	6	
		2	1	3		1	5	2	1	8	
	1	3	1	4	2	1	7	1	1	10	
	3		1	6		1	9		2		
	4	1	1	7	2	1	10	3	2	2	
	5	2	1	9		2		2	2	4	
	6	3	1	10	2	2	2	1	2	6	
	8		2			2	4		2	8	
	9	1	2	1	2	2	5	3	2	10	
	10	2	2	3		2	7	2	3		
	11	3	2	4	2	2	9	1	3	2	
	1		2	6		2	11		3	4	

een page 12 and 13.

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lings, D. for pence, and qrs. for farthings. Example the firſt, ten pounds at two pence per pound; conduct the eye from ten in the left-hand column, and directly oppoſite in the right-hand column you find one ſhilling and eight pence, which is the price. Example the ſecond, thirty pounds at three-pence halfpenny per pound, twenty two-pences are three ſhillings and four pence, ten two-pences are one ſhilling and eight pence, twenty three-halfpences are two ſhillings and ſix pence, and ten three-halfpences are one ſhilling and three pence. The whole makes eight ſhillings and nine pence, which is the price.

The next thing I ſhall conſider is BEHAVIOUR IN QUARTERS. If you are quartered by yourſelf, you muſt double your diligence to procure the eſteem and aſſiſtance of the landlord, that when you are on duty he may with pleaſure order his ſervants to dreſs you any thing you may have. You ſhould alſo be obliging to the landlord and his cuſtomers, and aſſiſt him at any time in any thing that is clean and decent: if it ſhould be your lot to meet with a ſurly

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and booriſh one, which is ſometimes the caſe, treat him with all the civility poſſible; if he ill-treat you, you are ſtill to be civil, and by no means to redreſs yourſelf, but you muſt inform the Serjeant of the ſquad you belong to, who will inquire into the truth of your complaint, and will report the ſame to your Commanding Officer, who, you may depend on it, will ſee you redreſſed as far as the law will admit. But then the recruit, and even old ſoldiers, ſhould be certain that they do not miſtake their own pertneſs or pride for an honeſt landlord's ſurlineſs.

I ſhall next conſider the ſuperior advantage you have over the day labourer to provide for old age. Your pay is ſmall I grant, but your ſix pence per day is equal to his ſhilling; he has houſe-rent, firing, clothing, neceſſary utenſils, candles, ſmall-beer, pepper, ſalt and ſouring, with bed and bedding, to provide out of his ſix ſhillings per week; you have all this found you, beſides your pay. What a pleaſing proſpect you have, when you conſider that at the end of our ſervice, or when diſcharged, you retire

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tire with the benefit of Chelsea College, which is near eight pounds a year. Where is the day-labourer who saves such a sum of money that the interest is equal to the private soldier's pension? It frequently happens, that after the labourer has worked hard, and lived hard, all the Summer, the nipping Winter follows, and very likely drains him of his hard earnings. Sickness frequently leaves him in the most wretched state imaginable. You have not this to dread while in the army; you have surgeons and nurses to attend you. The labourer still drudges on until old age and hard labour have deprived him of his wonted strength to gain him his subsistence, and at last he is obliged to submit to a poor pitiful allowance from the parish. While you, like a good Christian and soldier, live on the bounty of your country, which your own good behaviour intitles you to, and at last depart this life, having served God as a good Christian, and your King as a good soldier.

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PROMOTION.

NO man ſhould engage in the army who is not ambitious to ſurpaſs his comrades in every thing that is meritorious. Sobriety, cleanlineſs, and a thorough knowledge of your duty, are very ſtrong recommendations to promotion. You ought to conſider, that the firſt ſtep you can expect is to be a corporal—you will find that it is better to command than be commanded. But if you ſhould not be promoted for reaſons which may make it impoſſible to reward your merit, though you cannot ſee them, your good behaviour will gain the eſteem of your ſuperiors, who will do you every ſervice, and grant you all the favours that you could wiſh.

CLEANLINESS.

ON this head I ſhall enlarge, in order to give you every information that lies in my power. Before I proceed I ſhall inform you what the ſeveral parts

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parts of your arms and accoutrements are called, and then inſtruct you how to clean them.

Names of the ſeveral Parts of the Arms and Accoutrements.

ARMS.

Barrel,	Guard and ſwivel,
Muzzel,	Trigger,
Sight,	Cock and hammer,
Touch-hole,	Lock and lock ſcrews,
Breech,	Pan,
Breech-pin,	Feather-ſpring,
Stock,	Roller,
Butt,	Cear and ſpring,
Rammer,	Main-ſpring,
Fire-loop,	Bayonet,
Loop and ſwivel,	Socket,
Tail-pipe,	Shank.

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ACCOUTREMENTS.

Pouch,	Bayonet-ſcabbard,
Pouch-flap,	Scabbard-hook,
Cartridge-box,	Scabbard-button,
Pouch-tin,	Stopper,
Shoulder belt,	Sling,
Croſs-belt,	Hammer-ſtall.

FIRST you muſt provide yourſelf with a hand-vice, ſcrewdrivers, rubbingſticks, and leather free from greaſe, oil, emery, crocus martis, &c. The rubbingſticks for the arms ſhould be made of deal wood of different ſizes, with leather glued on them in the following manner:—Make the rubbing ſticks very ſmooth, and on one ſide of it lay the hot glue, and on this lay your leather and preſs it down; then lay ſome glue on the leather, and on that lay ſome emery, and preſs it a little into the glue, let them be will dried; with this uſe oil and emery, brick duſt, &c.; if you apply them properly by rubbing

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rubbing the arms well, they will give your arms a ſmooth ſurface: you are next to proceed to poliſh them; take crocus martis, and clean dry leather, rub the part which you want to poliſh until it is warm, when it will acquire a very fine dark gloſs.

The next thing I would adviſe you is to keep them clean when they are ſo, which you may eaſily do by paying proper attention to them in wet or damp weather; when you have done uſing them, take care to rub them dry by the fire ſide if poſſible. Take a quarter of an ounce of camphor, two ounces of hog's lard, melt theſe together; then add as much black lead as will turn it to an iron colour. This compoſition laid on the iron parts for four and twenty hours, and then rubbed off, will prevent any iron from ruſting for ſix months together.

To

To clean the Braſs of your Arms.

TAKE a little whiting or rotten ſtone, mix it with ſome ſpirits, lay it on the part you want to clean while wet, and with a piece of ſoft leather rub it until the braſſes are warm, and you will find it will give them a very fine gloſs. The buttons of your clothes ſhould be cleaned with the ſame, only uſe a bruſh inſtead of leather.

You ought to be very careful of the ſtock of your firelock to keep it from injury; and as the beauty of the ſtock very much aſſiſts the appearance of the barrel, the ſcratches, dents, holes, &c. ſhould be filled up with bees-wax, and the part, or the whole ſtock when covered with bees-wax, ſhould be varniſhed with black roſin; this will give it a fine dark gloſs, and likewiſe preſerve the wood.

To

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To clean your Hat or Cap, if of Felt.

TAKE out the lining, and pick off the lace, if any; boil ſmall beer, or chamber lie, bruſh this into the hat or cap with a clean hard bruſh, dry it; then boil a few chips of logwood in a little water, add to it blue, or green copperas, bruſh this into the hat as before directed, turning the hat always one way; then dry it and put in the lining, and preſs it with a hot flat iron, and then put on the lace.

To take Greaſe out of Leather, ſuch as your Pouch or Cap.

FIRST ſcrape off all the blacking as ſmooth as poſſible, next lay a piece of brown paper on the leather, and on the paper rub a hot iron until you ſee the greaſe come through the paper; take off this greaſy paper, and replace it with clean; you muſt continue to place and replace the paper, and to rub it with a hot iron as long as the greaſe continues to ſtain the paper.

Hav[i]

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Having informed you how to clean your pouch or cap from greaſe, I will now inſtruct you how to black and poliſh it again. Lay the flap of your pouch on a ſmooth board, ſtretching it to its full length, rub your pouch-ball (which I ſhall inform you how to make) on its ſurface until it is equally and ſufficiently covered; then rub the blacking, which you have juſt laid on, into the leather with your pouch-ſtick until it is ſmooth; after that poliſh it with the bow of a key, or the foot of a drinking glaſs, and laſt of all wipe it ſmoothly with a linen cloth. The ends of the pouch, your cap and bayonet ſcabbard, ſhould be blackened and poliſhed in the ſame manner. Your cap may be varniſhed with gum arabic; take the gum and diſſolve it in water, then take a ſmall ſponge or linen rag, and rub it over the parts neceſſary; be careful to keep the cap from any duſt until the gum is well dried.

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To make a Ball to black the Pouch, &c.

TAKE two ounces of ivory black, and one ounce and a half of bees wax; melt the wax, then ſtrew in the blacking, taking care to mix them well together.

To make Black Balls for Shoes or Boots.

TAKE half a pound of ivory black, half an ounce of lamp black, four ounces of bees wax, and half an ounce of gum tragacanth; the wax and gum to be well melted, then ſtrew in the blacking, and mix it well; after that lay it on a clean ſtone or board, and knead into it one ounce of ſoft ſoap, then make it into balls for uſe; the ball ſhould be uſed by rubbing it on a ſtone with a little water; the gum to be diſſolved in a very little water before put with the wax.

To

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To black Linen Gaters.

TAKE glue, gum arabic, or iſinglaſs, diſſolve it in water, don't make it too ſtiff, ſponge the outſide of the gater with it, and as ſoon as dry black them. You will find that the blacking will not go through, neither will it chip off. If you do your boots or ſhoes over after they are blacked and poliſhed, with this liquid, it will give them a beautiful gloſs, and prevent the water from going through to your feet.

To dry-clean the white Part of your Clothing.

MIX bran, whiting, and powder blue together, put it into an old thread ſtocking, beat this through the ſtocking on your cloths, bruſh them very gently with a ſoft bruſh, then iron them with a hot iron to keep the colour in.

N. B. The powder blue is to give the white a clear caſt; if you put too much you will overdo it.

Wet

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Wet Colouring for white Cloth.

TAKE equal quantities of pipe clay and whiting with a little powder blue and white ſope, boil theſe together, and rub it into the cloth with a clean hard bruſh; when dried turn the inſide outwards, and rub them well; turn them again, bruſh them with a clean bruſh, and clean the buttons.

To colour Leather Breeches or Gloves wet.

TAKE half a pound of pipe clay, half an ounce of allum, a very little ſtarch, and a few drops of blue; mix theſe together with clean water, colour your breeches or gloves firſt with a bruſh, and ſecondly with a ſponge, and while they are wet you ſhould draw them to the ſize you want.

White Breeches Balls.

TAKE half a pound of pipe clay, half a pound of whiting, and a quarter of an ounce of powder

 blue;

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blue; make this into a ball with clean water, and when you uſe it you ſhould have a ball of liſt, or an old ſtocking rolled up, rub the ball on this, and then beat it into the breeches, &c.

Yellow Breeches Balls.

TAKE oaker and make it very fine, add as much fine whiting as will give the oaker the colour you want, and add a little pipe clay to ſtiffen it; make this into a ball with clean water, dry it, and uſe it with a ſtocking, or ball of liſt, as directed for the white one.

To make Balls to take Greaſe and other Spots out of Woollen, &c.

TAKE three quarters of an ounce of pipe clay, and a quarter of an ounce of whiting; mix theſe well together, and make it into a ball with ſpirits of turpentine,

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pentine, or the acid of ſalt, the ſpirits, &c. to be uſed in the room of water, and when the ball is dry uſe it in the following manner: Scrape a little of it on the part greaſed, &c. and on it pour a little hot water, rub it into the cloth, and when dry rub it out, and you will find no ſtain left behind.

To Colour your Accoutrements (if white).

TAKE one pound of pipe clay, half an ounce of allum, half an ounch of ſtarch, and a little indigo; mix theſe well with clean water, the firſt coat to be laid on with a bruſh, and the ſecond with a ſponge; and before quite dry, rub the belt with a ſmooth glaſs bottle, which gives it a fine gloſs. If your accountrements are yellow, uſe oaker inſtead of pipe clay, and leave out the indigo, but colour them twice, as directed for the white, and poliſh them likewiſe.

You may make any coloured ball you pleaſe. Saffron will make yellow balls, cochineal crimſon, and indigo blue, &c.

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I ſhall next proceed to direct you how to keep your feet from bliſtering.

As ſoon as you come off a march waſh your feet in ſpring water, if you can procure it, made warm; wipe them dry with a very coarſe cloth, rub the bottom of the foot very hard with it; this takes off the outer coat of the ſkin: cut your nails and corns, if any, and be ſure to put on clean ſtockings. You will find clean ſtockings every day to be expenſive, without you waſh them yourſelf, which you ought to do, as it is no diſgrace. But it is a very great diſgrace to you to ride on the baggage waggon on account of a bliſtered foot, when you might have prevented it at ſo eaſy an expence as half an hour's trouble every day. A pennyworth of ſope will laſt you for a week, which on the march you can afford very well. Sometimes, however, you cannot prevent their bliſtering, therefore I ſhall now inform you how to cure them. Twenty-five drops of Goulard's Extract of Saturn in half a pint of ſpring water ſhaken well together, apply ſome of this to the

ſore

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fore with a linen rag, let the rag lay some time on the sore, repeat this three or four times. If you are chafed, scalded, or burnt with gunpowder, by applying the aforesaid as directed, it seldom fails of effecting a cure.

An ointment made in the following manner is equally serviceable as the aforesaid liquid, and far preferable in respect to carriage :—

Take two ounces of hog's lard, a quarter of an ounce of bees wax, and thirty-five drops of the Extract of Saturn; melt the lard and wax, and then drop in the Extract; mix them well together, when done, pour it into a box or pot for use. This you can have always by you, and can apply it to the sore even on the march. I cured a violent sprain with it which I met with by accident.

You are often obliged to sleep in beds where others have slept before, and the linen has not been changed, by which you frequently catch the itch;

to

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to prevent its infection uſe the following method: Sulphur vivum and a little hog's lard mixed together, and put into a ſmall pot or box for uſe; and, before going into bed, ſmell to this ointment; but, ſhould you catch it at any time, this will cure it, as well as prevent it by rubbing your hams, &c.

Another Method to cure the Itch.

ONE ounce of white hellebore powder boiled in half a pint of milk as long as any milk remains; during the time you apply this ointment outwardly, flower of brimſtone in treakle or milk muſt be taken inwardly every morning.

You are ſometimes ſent orderly over a man that may be ill in a putrid fever, or other dangerous diſorders; to prevent your being infected, make uſe of vinegar, as much as poſſible, by ſmelling to it, and drinking it with water; alſo ſprinkle your cloths with it. Get a little camphor, put it in a cloth,

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cloth, and put it in your bosom and wear it there during the time you are on this disagreeable duty.

You are to make use of no medicines, on any account whatever, when with your regiment, only such as your surgeon or his mate shall order you. What I have recommended in respect to the itch is only for your application when you are on furlough, recruiting, or on any other duty where your surgeon or his mate are not present.

I have endeavoured to instruct you in the method to clean yourself, and to prepare every thing necessary for it in the best manner that lies in my power. Possibly you may think I have dwelt too long on the head of dress; but I will once more assure you, that cleanliness, added to sobriety and obedience to your superiors, is the basis of your future happiness as a soldier.

BROTHER

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BROTHER SOLDIER, if these poor remarks should fall into your hands, read them with attention, and I hope they will be of service to you. I can assure you that I am, by adhering to the articles of war, and the orders of my superiors, and assisted by the hand of Providence to gain the favour of my Commanding Officer, placed in a station in the service wherein I have every prospect of living comfortable the remaining part of my life. I sincerely hope that you and myself may always consider the duty we owe to God, and never forget that we are bound to thank him for all the blessings of this life, and next to him our superiors; and may we ever serve God like good Christians, and our King like good soldiers, and ever have in mind what was said by St. John in the 14th verse of the third chapter of St. Luke, when the soldiers demanded of him what they should do to be saved. He answered,

"Do violence to no man, neither accuse any "falsely, and be content with your wages."

THE END.

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